Langtang Helambu Circuit Trek

Trip Overview

Willing to embark on your Langtang Helambu Circuit Trek experience?

Langtang Helambu Circuit Trek is a 16-day package with Pure Adventure Nepal. The trek offers magnificent views of snow-capped mountains, and glaciers, and descends toward the Helambu region, enriched with charming villages.

Wanna unveil, what the beauty looks like in Helambu and Langtang region? Then, this could be a package for you to uniquely bewilder the stunning mountain scenery and unveil traditional Tamang villages on the trail.

Trekking with Langtang, Gosaikunda, would be praiseworthy, as you pass through the challenging Laurebinayak Pass, and enjoy the sacred lake spending overnight in a tented camp.

Here's what awaits you on this Langtang Helambu Circuit Trek. From preparing yourself to adjust to the high altitude to making unique encounters of peaks like Langtang Lirung (7,246m) and Langtang II (6,596m), you can immerse yourself and also have views of majestic Everest.

Descending through the Helambu region, you can also keep an eye on vibrant flora and fauna. Within Langtang National Park, you have a rare glance at Red Pandas, musk deer, elusive snow leopards, and other wildlife in their natural habitat.

Trip Itinerary

- 1 - Arrive in Kathmandu TIA (1300m)
- 2 - Drive to Shyabrubesi (1420m) 6-7 hours
- 3 - Trek to Lama Hotel (2740m) 5-6 hours
- 4 - Trek to Langtang Village(3430m) 5-6 hours
- 5 - Trek Kyanjin Gompa (3870) 3-4 hours
- 6 - Acclimatization day hike to Langtang Liuring Glaicer
- 7 - Trek Back to Lama Hotel (2470m) 6-7 hours
- 8 - Trek to Tholosyabru (2250m) 6-7 hours
- 9 - Trek to Laurebina (3900m) 6-7 hours
- 10 - Trek to Gosaikunda Lake (4380m) 3-4 hours
- 11 - Gosaikunda pass then Trek to Ghopte (3430) 7-8 hours
- 12 - Ghopte to Kutumsang(2470m) 7-8 hours
- 13 - Kutumsang to Chispani (2165)
- 14 - Trek Sundari Jal And Drive to Kathmandu(1300)
- 15 - Departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Private bus form Kathmandu to trek start point / Pick up from trek end pace
- All meals during trek
- 3-star Hotel stays at Kathmandu .
- Lodging and Tea house accommodation for 13 nights
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route
- Pure Adventure Nepal trekking maps .
- All necessary paperwork and permits (TIMS/ Conservation Fee)
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Entrance fee for other sightseeing
- Extra activities cost not planned within the Itinerary
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking Mount ion flight,

Gears and equipment

- Clothings
    - Waterproof jackets and pants
    - Sweaters and down jackets
    - Lightweight trousers
    - Hiking shirts- long-sleeved
    - Hooded raincoat and Fleece jacket

    - Innerwears
    - Lightweight and heavyweight winter gloves
    - Sun hat or scarf; Money belt;
    - Cotton headscarf, bandana
    - Winter hat or insulating hat

- Footwears
    - Hiking Boots
    - A pair of sports shoes
    - Heavy wool and light socks

- Personal accessories
    - Headlights and extra batteries
    - Face and body wipes
    - Sunscreen and sunglasses with
    - UV protection
    - Money
    - Watch
    - Cell phone and camera

- Toiletries
    - Medium-drying towels
    - Toothbrush and toothpaste
    - Washing kits, talcum powder, and toilet paper
    - Degradable soap and shampoo
    - Deodorant floss, nail clippers, and mirror

- Extra items
    - First aid kit
    - Passport-sized photos and passport photocopies
    - Binoculars
    - Personal medications
    - 1 swiss type knife
    - Sleeping bags and sheets,
    - Rucksack, backpack, and a small day pack
    - Water bottle
    - Water purification tablet solution

Faqs

1. **How difficult is the Langtang Helambu Circuit Trek?**

   You must have good physical condition to trek in the Langtang Helambu region. Some steep sections can be challenging, but as you acclimatize properly and train properly, you can conquer the moderately challenging trek

for Langtang Helambu Circuit Trek, even if you are a beginner.

2. **What are the visa requirements for Nepal?**

   I can see that you are interested in visiting Nepal. Citizens of most countries are granted visas on arrival in Nepal, either at a Nepali embassy or consulate, and also, at the Tribhuwan International Airport. Thus, arrange documents and obtain your boarding pass.

3. **Do I need a guide and porter for the Langtang Helambu Circuit?**

   Whether you can trek solo or not, regulations in Nepal suggest trekking with a guide. Navigating trails and carrying loads become easy when you hire a porter in the Langtang Helambu Circuit, so be mindful when accessing the needs of a guide and porter. Not only do they help with luggage assistance and navigation, but cultural knowledge, safety, and communication can come as a plus bonus.

4. **How much does Langtang Helambu Circuit cost?**

   Depending on several factors, like the duration of the trek, the time of the year you are choosing, hiring a guide, and opting for deluxe or premium packages, the Langtang Helambu Circuit cost might vary. Be prepared to spend between $1,000 and USD 2,000 for a 16-day trek in the Langtang Helambu region.

5. **What kind of gear do I need for the Langtang Helambu Circuit trek?**

   Appropriate seasonal clothing in the Himalayas, trekking shoes, rain gear, sunscreen, trekking poles, jackets, hats, and other essential gear for the Langtang Helambu Circuit trek.